



Biotin

Recommended Daily Amount:
30 micrograms

Functions:

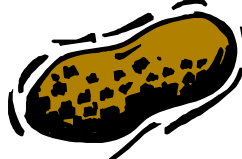
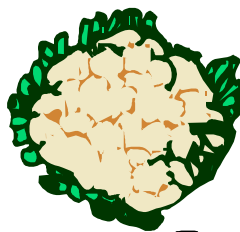
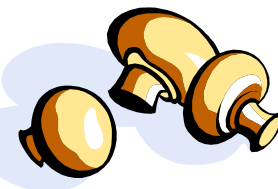
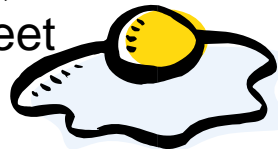
- ✓ Production of energy
- ✓ Metabolism

Deficiency Symptoms:

- ✓ Depression
- ✓ Hallucinations
- ✓ Muscle pain
- ✓ Numbness, prickling, or tingling of hands & feet
- ✓ Loss of appetite
- ✓ Nausea
- ✓ Hair loss or loss of color
- ✓ Scaly red dermatitis

Toxicity Symptoms:

- ✓ None have been reported



Conditions Contributing to Deficiency:

- ✓ Alcoholism
- ✓ Intake of uncooked egg whites
- ✓ GI disorders such as inflammatory bowel disease or loss of gastric juices
- ✓ Hemodialysis
- ✓ Anticonvulsant therapy



Good Food Sources:

Liver
Cooked egg yolk
Cereals
Oat bran
Brewer's yeast
Cauliflower
Mushrooms
Legumes
Soybeans
Almonds
Peanuts
Pecans
Walnuts